

Pocket Fruit Pies

Makes: 4 servings

Ingredients

4 flour tortillas (8 inch)
2 peaches, pears, or apples (medium)
1/4 teaspoon cinnamon (ground)
6 teaspoons brown sugar
1/8 teaspoon nutmeg (ground)
2 tablespoons milk
sugar (optional)

Directions

1. Warm tortillas in microwave or oven to make them easier to handle.
2. Peel and chop fruit into pieces.
3. Place 1/4 of the fruit on half of each tortilla.
4. In a small bowl, stir together brown sugar, cinnamon and nutmeg. Sprinkle over fruit.
5. Roll up the tortillas, starting at the end with the fruit.
6. Place on an un-greased baking sheet and make small slashes to allow steam to escape. Brush with milk and sprinkle with additional sugar, if desired.
7. Bake at 350 degree in oven for 8-12 minutes or until lightly brown.
8. Serve warm or cool.

Notes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	200	
Total Fat	3.5 g	5%
Protein	4 g	
Carbohydrates	39 g	13%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	340 mg	14%

This easy snack helps work fruit into a daily diet. Tortillas, with a variety of toppings, make great snack builders.

Safety Tip: Allow pie to cool slightly before tasting - the steam and sugar can burn.

Kansas State University Cooperative Extension, Mission Nutrition: Cooking for Better Health and Kids a Cookin'